

Bench/ Hoop Ball

Game Type: Invasion

Tactical Focus: Supporting your Player



Oide

Tacú leis an bhFoghlaim
Ghairmiúil i measc Ceannairí
Scoile agus Múinteoirí

Supporting the Professional
Learning of School Leaders
and Teachers

How to Play

1. Arrange pupils in two teams.
2. Invite one pupil from each team to stand on a bench/ in a hoop at the opposite end of the hall.
3. To score, a pupil must throw the ball to their teammate in the hoop.
4. The scorer then swaps position with this pupil.
5. Pupils are allowed to move a maximum of two steps whilst holding the ball.
6. Pupils may block the ball but may not tackle another pupil.



Adaptations/Modifications

1. A certain amount of passes must be made before you can score e.g. three
2. You can only score once in the game (until every team member who would like a chance to stand in the hoop has had the opportunity).

Questions

Person with the ball:

How do you keep possession?

Which player should you pass the ball to?

Teammates:

How can you help to keep possession/ help the person with the ball?

How do you get into space?

How do you signal for a pass?

Possible Answers

Look up, Shield the ball

Pass to someone who is free and select an appropriate pass

A free player, a player who is unmarked in space

A player who is in a better position than yourself

A player who is in a good scoring position

Face the ball, Communicate / signal for a pass

Move into space (move forward, use depth and width)

Evade opposition/ draw out opposition

Get close to a teammate for a pass

Pass and go

Move to a position where you can receive the ball by watching the opposition, changing direction, using speed.

Evade your marker, use deception, dodge

By calling, using agreed hand signals, pointing to space



Oide

Tacú leis an bhFoghlaim
Ghairmiúil i measc Ceannairí
Scoile agus Múinteoirí

Supporting the Professional
Learning of School Leaders
and Teachers

Noughts and Crosses

Game Type: Target

Tactical Focus: Accuracy and Blocking



Oide

Tacú leis an bhFoghlaim
Ghairmiúil i measc Ceannairí
Scoile agus Múinteoirí

Supporting the Professional
Learning of School Leaders
and Teachers

How to Play

1. Set up nine hoops in three rows of three. Set the throwing or bowling distance to suit the skill level.
2. Organise two teams and give each team three coloured bean bags and a tennis ball.
3. The objective is to throw or bowl the ball into the hoops.
4. If successful, the player places their team's bean bag in the hoop and rolls the ball bag.
5. If the other team lands the ball in the same hoop, they can choose to place their team's bean bag in that hoop.
6. Turns continue until one team makes a straight or diagonal line with their bean bags.



Adaptations/Modifications

1. Use variable throwing or bowling distances based on the skill level of the children and let them select the distance. Distance can differ for different members of the team.
2. If the ball lands in a hoop that already has a beanbag, you cannot swap it.

Questions

How did your team improve their accuracy in the game?

Did you find an overarm or underarm throw more effective?

What strategy could you use to block the other team's chances of getting three in a row?

How would you choose which blocking strategy to use?

Which strategies were most effective to win the game?

Possible Answers

Improving their aim and changing the amount of force.
Trying out different throwing techniques.

Answers may vary

Anticipate where they were going to play next and putting a beanbag there

Land in their hoop to remove their beanbag

Use the one which will set your own team up for trying to get three in a row

Putting the beanbag in a hoop that can make three in a row in more than one way

Blocking when they had two beanbags already in a line



Live

Game Type: Net

Tactical Focus: Using Space to attack



Oide

Tacú leis an bhFoghlaim
Ghairmiúil i measc Ceannairí
Scoile agus Múinteoirí

Supporting the Professional
Learning of School Leaders
and Teachers

How to Play

1. Begin by rallying diagonally to the opposite player using two balls.
2. Cooperate to keep the diagonal rally going for as long as possible.
3. When one rally breaks down, a player calls 'live'.
4. Now the pairs compete against the other pair to win the rally with the remaining ball.
5. When a point is won, the game starts again with the cooperating pairs rallying on the diagonal with two balls again until a player again calls 'live'.



Adaptations/Modifications

1. Use one ball. Encourage four players to develop an M or W pattern to pass the ball around the court. See how long they can keep the pattern going.
2. Play Live on a larger space, such as a tennis court, and begin to play with tennis racquets and tennis balls.

Questions

Possible Answers

From what position is it easiest to get the ball over the net?

The front of the court

What is the first thing to do when you hear the word 'live'?

Move around the court to be in the best position to play the ball. Communicate with teammate

Where would you play the ball if both players were up at the net?

To the back of the court

Where would you play the ball if both players were at the back of the net?

To the front of the court

Where should the two players position themselves on their side of the net?

Either side of the court. One to the front and one to the back. Ready to move for a pass. Read the play and anticipate the pass.

What is the easiest pass to receive?

A high ball - gives more time. Also allows to pass the ball from a position higher than the net. (overhead) Body is in a better position for striking the ball.

What type of pass is difficult to receive and control?

A slam pass, dump



Oide

Tacú leis an bhFoghlaim
Ghairmiúil i measc Ceannairí
Scoile agus Múinteoirí

Supporting the Professional
Learning of School Leaders
and Teachers